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she has had in bringing babies into the world." If she has "a family of fine children of her own," it is a happy augury. Very important is her right to perform a ceremony, to pray and sing and treat the newborn infant ritually. It is not absolutely essential to have such a "ceremonial" woman in command at this time, but, since success in life depends so largely on ritual preparation, she functions in a majority of births. This woman is well paid for her services; some valuable property, often a horse, is her reward.

When the time for delivery draws near, the husband leaves the home. Unless an emergency arises, he cannot be present at the birth, for relatives of his wife to whom he stands in a relationship of respect and avoidance are certain to be there.[1]

There is no definite rule which bars other men from being present. In fact, they are sometimes asked to attend in emergencies. But usually "men don't come to a birth because there are so many women around, and a man would feel funny." Another factor which discourages their attendance is that discharges from the woman's body at childbirth are to some extent equated with menstrual blood, from which a man can contact painful swelling of the joints.

During delivery the woman kneels with legs apart before an oak post which she uses to steady herself. Assistants hold her arms if she requires aid. To facilitate the birth, the genitals may be bathed in water in which the pounded root of a plant (*Eriogonum jamesii*) has been boiled. A similar decoction will be used after the birth to insure rapid healing. To speed birth, four small, light-colored pieces of the inner leaves of narrow yucca may be swallowed with salt, one after the other. The midwife massages the woman's abdomen downward and receives the child. With a long black flint or with a sharp edge of a length of reed or yucca leaf, she cuts the umbilical cord about one and one-half inches from the baby's navel and knots the end or ties it with a strand of yucca-leaf string. If the child does not cry or breathe at once, cold water is dashed on its body. When a baby is obviously alive

[1] For an account of these observances see pp. 163–81.

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854 Once the child is old enough for the cradleboard, it becomes his almost permanent home for a number of months. This con- [142] tinuous stay in the cradle causes a slight occipital flattening of the head. The baby is laced in tightly and is removed only occa- [853] sionally. He may even be left in the cradle while he is nursed. He does have to be taken out when the soft grass, moss, or pul- 854 verized wild-rose bark, used as padding and as absorbent mate- 824 rial for the discharges, needs renewing. To prevent chafing, the • [278] child is dusted with powder scraped from the bark of the heart- [856] leafed willow. A very young child is bathed in a decoction ob- tained by boiling the plant *Drymaria fendleri* "to make the skin strong."

854 As the child becomes more active and restless, beads and jingles of various kinds are strung from the canopy to engage his attention. After he is six or seven months old he is allowed more time outside the cradle and crawls vigorously around the camp.

854 During this crawling stage the child must be carefully 753 watched, lest he come in contact with baneful substances which can cause sickness—worms, certain insects, and feathers from 825 evil birds such as the owl or the crow. Dogs are considered particularly inappropriate in a camp where there is a small child.

> If you have a little child crawling around and suddenly a dog barks at it and scares it, they say that the fright will go inside that child and make its heart sick. So they don't like dogs around much. If you have one, some man might come along and say, "Why do you have that dog around? Don't you know it is no good? It might scare your children and make them sick."

766 When a child is stillborn or dies while it is being carried in the cradle, its body is hastily buried in a talus slope and is covered by [845] rocks, branches, and earth. The cradle, if it has already been [768] made, has a different destination:

[352] They take the cradle and cut it so it will be recognized; cut slits in the buckskin, for instance. They hang it up in a tree which stands to the east of the encampment where the death took place. No one will dare to touch it. It is forbidden to touch it. If the cradle is still around the camp, it is hung out at the child's death even though the child is already walking when he dies. Sometimes the cradle is put in a place in a bluff.

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751 757 515 [291] [824] [413] time. About four to six men usually go in at once. They wear just a loincloth. Before they go in, pounded piñon needles or pounded juniper may be rubbed on their bodies by the man in charge. All the men wear sage tied around their heads while they are in there. And they take a drink in which four pieces of mesquite bean have been put. Each man has to bring a stick to scratch with. He cannot scratch his body with his fingers.

Four big rocks are heated outside and then brought to the pit inside with a forked stick. Water is brought. The men are sitting in a circle but leave an open space to the east. Then the water is sprinkled on the hot rocks. Anyone who is appointed can sprinkle water on. One man sits outside and operates the door cover so that the heat does not escape. The man in charge is always in there. He [463] [782] [533] prays in there and leads the singing. Special songs are sung, songs that mention the sweat bath, the earth, and the sky. Usually four songs are sung over and over. All who are inside sing.

The men try to stay in there about an hour. Then they come out and bathe. [481] [826] Some young fellows run a race, too, while they are still warm from the sweat bath, to enable them to become good runners and to make them long winded. That is their belief.

Sometimes the men go in four times during the day. But some can't stand it. K. went in once. The heat was so great that he didn't go in a second time. Sometimes they just go in once and it's over. They rub themselves well with their hands when they come out. Sweat-bathing like this keeps men in good physical condition. It isn't done right away again. They would wait at least fifteen days [888] before doing it again. There is no use for very old people to go into the sweat house. Their lives are spent.

278 *Herbalism.*—Plants are used in the majority of cases, whether the manner of combating the illness be ceremonial or purely secular. "There are all kinds of roots and weeds and herbs, something for everything; nothing was left out." Some plants are considered so "strong" and so "ceremonial" that only those who have supernatural sanction and directions for their use dare apply them. Other plants, usually administered in nonritual contexts, appear in ceremonies if the supernatural power so orders.

751 824 Incensing with the smoke of burning juniper and piñon boughs is mentioned repeatedly:

> My people take piñon and juniper, put the boughs together, and burn them. They do it inside the home and keep the members of the family there until they can't stand it any longer. This burning makes a lot of smoke, and they stay there until the tears come from their eyes. Then they won't catch a disease that is around. They do this if there is a great deal of disease around.

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fourth song, that the shaman ordinarily receives the message he awaits.

He may hear a voice, see a vision, or receive information in some other way. The sign is often for him alone; those around him know what is happening only when he interrupts his ritual after a visitation and addresses his power. Power may simply assure the shaman that the disease has been correctly diagnosed and that he need only complete the rite in its briefest form. For more serious illnesses, it may advise tests to determine whether the patient will recover, or it may suggest a plant remedy and give instructions for its administering.

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Often medicinal herbs play a large part in the curing:

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P. performed cures too. In his ceremony he would ask for it, the thing that would cure the sick person. You'd hear it on the roof. Then it was before you, a plant. He wouldn't take it up at once. He'd sing over it and talk to it first. When P. asked for it, it would come right through the crowd and land on the buckskin before him.

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To produce some ritual object, to extract the "witch," or to demonstrate the potency of his supernatural source, the shaman may employ legerdemain:

Something I saw him do is more than anything I ever saw others do. As nearly as I remember, it was about 1888 when I saw B. go through his ceremony in Alabama. Word was sent out to meet in one place where B. was going to sing. A good many met there. It was a very pretty night, moonlight; everything was still. He called them all around. He spread a clean white sheet right out there. They lit some lanterns so you could plainly see any little bugs that walked on that sheet. He sat right there. He put a basket there. People crowded around watching him. I sat very close; I was pretty religious in those days. When something like this was going on, I'd be over there first.

Before he started he said, "Some of you people never believe anything. You people who want power, watch this." He took his shirt off and was naked from the waist up. He took a piece of turquoise about as large as your thumb and as green as could be. He said, "If any of you people can do what I'm going to do, I'll believe in you. I can do it. This is solid turquoise. Look at it."

So they passed it around. They handed it back to him. He held it out. While everybody was looking he put it in the center of the sheet, far from him. He knelt down on both knees. Everybody was watching closely.

He said, "You people don't believe in anything. There's a turquoise here. I'm going to pray first. As soon as I stop praying I'm going to start to sing. During the singing watch that turquoise closely."

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deer. I saw a deer and ran to head it off. When I got to the point where I thought the deer would pass, I saw one of the men waving, telling me that the deer had gone back. It was raining a little. I started to go back. I went a long way looking around. It started to rain again. I began to look again. Close by, the lightning struck. I went to the place where it had struck and found the hat. This caused me to believe in my ceremony more than ever.

There is one other function of the lightning shaman, the making of amulets of various kinds to be worn as a protection against lightning and lightning sickness.[23]

Some say Lightning talks to them. When the lightning strikes a place, these people can go to the east of a pine tree that was struck and take a piece of wood. They shape it like this [a crude resemblance to the human figure with some features poorly indicated] and put it on them. They wear it suspended by four strings. The painting is done with a blue mineral and black specular iron ore. If this is made for a person, he won't be hit by lightning, and he won't be frightened by lightning.

Plants.—Occasionally, a plant is personified and becomes a source of ritual. One plant, now much used for wounds, revealed itself in a vision experience to a man who was wounded in battle and fell on it. The plant pushed him upward four times and spoke to him, telling him to chew the root, to rub some of it on the injury, and to put the unused leaves back in the ground. The man obeyed directions, recovered, and was able to reach his home and introduce this remedy.

A plant, as well as an animal, acted as supernatural guardian for a successful raider:

This happened long ago. The enemies used to know many ways to stop you, to make your legs ache so you couldn't get away with horses. My father was down in Mexico with a band. They drove away a good herd of cattle, burros, and horses from the Yaqui.

The Yaqui came on the trail. One of the men of the Yaqui knew a ceremony and was working against the Chiricahua. The Chiricahua had seen cacti thrown on their trail, and now they knew what it was for. They got cramps, their legs hurt, and they couldn't go fast. They were in danger, for the Yaqui were catching up.

For his raiding work my father mixed Wolf and Cactus [a small variety of hedgehog cactus type] together. They asked him to sing and he did. He found

[23] Among the ethnological specimens collected by M. R. Harrington from the Chiricahua Apache at Fort Sill, Oklahoma, in 1909 were a number of lightning fetishes.

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726 411 After the fast-loading gun with cartridges already fixed was in use, you had to be very quick and a good warrior to use a spear. Not everyone used spears. Just a few were brave enough to use a spear that close.

756 726 787 [789] Before the beginning of the journey constant measures of a religious nature are taken. Amulets are procured; protective caps and jackets are made or refurbished; shamans are consulted concerning the probable outcome of the expedition. "The leader goes to a shaman and says, 'You know something. Help us. What will happen?' Then the shaman sings and prays and he tells the people to go on, that they will have success." Sometimes the prophecies of the shaman are not so reassuring, however. "Before they leave camp they might all go in a body to the shaman. He conducts his ceremony, and if he feels that the raid will not come off safely, he says so, and the party does not go out."

Raiding and warfare are the special interests of those who have supernatural power to find or frustrate the enemy. Therefore, one or more shamans are fairly sure to accompany any large war party. Not infrequently the leader himself is a man renowned for his religious attainments as well as for his military prowess. During the entire course of the journey the advice of those who claim revelations in regard to war are treated with respect. Even if the party does not include eminent shamans, the rank-and-file warriors do not fail to come ritually prepared: [708] "Each warrior carries a bag of pollen. Pollen is given to him with • [278] other herbs if he gets sick [during the war expedition]."

726 [198] The entire encampment gathers to watch the departure of the group. "They start sometime in the morning. When they are going for a real fight, everyone sees them off. When the men leave in the morning, the women give their call of applause."

722 562 784 The women, especially the wives of the departing men, have certain obligations during the absence of the warriors:

The women are careful about keeping the woodpile neat while the men are gone. The wood should be placed one way and should not be scattered, and the children should be kept off it for fear they will throw it around, and then the man will be lost. There are no other restrictions on the women when the husbands are out fighting. Some women pray when their husbands are out. Some are as religious as anything, but this praying is not general. During raids or wars the

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They tell this story of a certain man. They say he was J.'s grandfather. He married and when he and his wife went to bed the first night, he just turned away from her. She didn't think much of it at first. Then he did the same thing the second night. Every night she thought he was coming to her, but he turned the other way instead. He did this for seventy-five nights, and then she left him.

BIRTH CONTROL, BARRENNESS, AND FERTILITY RITES

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A childless marriage is considered a great misfortune, and sterility is an accepted cause for divorce. Sterility in a woman is sometimes attributed to a ceremony conducted over her in girlhood by envious or scheming adults.[1] But often a disappointed husband wonders whether his wife "has hired a man or woman who knows herbs and a ceremony to make her sterile, so that she won't be bothered by children:"

I have heard old people say that some women can perform a ceremony for another woman, and she will have no children no matter how many men have intercourse with her. Girls of about the age of puberty go through it, and older women who have too many children go through it too. They have a medicine to drink and a ceremony that goes with it that will prevent birth forever. Certain people practice this ceremony. It has to be paid for like any other ceremony.

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Various methods for the prevention of pregnancy have been described. "Rock crystal is used as a medicine when a woman does not want a child. The rock is ground up fine, and some of the powder is put in a drink. There are prayers and a ceremony connected with this, but I do not know them." A certain variety of small prickly-pear cactus fruit, because it is rare and its fruits are said not to ripen, is magically associated with these practices.

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Food or behavior restrictions imposed as a part of such ceremonies must be carefully observed. "If a woman is avoiding pregnancy by keeping away from some food or drink, such as honey, and breaks this fast, she will become pregnant." It is noteworthy that honey should be specifically mentioned as one of the foods prohibited if a woman wants no children, for beeswax is said to be "used ceremonially to cure sterility in women."

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Because of the prevailing desire for children and the insecurity of a childless woman, fecundity ceremonies are of much more frequent occurrence. In one of these rites the practitioner cere-

[1] See pp. 80–81.